



Wingmen: It's Personal-Take Care of Each Other

Wingman: Airmen who takes care of themselves and those around them - and takes action when signs of stress are observed.

Wingmen have two key responsibilities.

- The first is to keep themselves physically and mentally fit to perform the mission, while getting help when necessary to maintain peak performance.**
- The second is to help identify warning signs in the Airmen around them and to intervene to ensure others get help when needed .**



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- As a wingman:
 - Take care of yourselves
 - Look out for one another
 - When you see a situation arising call “Knock it Off”
 - Apply wingman practices on and off duty
 - Know your resources if you or a friend is in need

Wingman Videos

- <http://www.youtube.com/watch?v=DCZrHHLb2m8>
- <http://www.youtube.com/watch?v=KmlwF7Yo24E&feature=related>



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Resources for Wingmen:

**Alcohol and Drug Abuse Prevention Treatment Program
(ADAPT) - 784-2149**

American Red Cross - 784-1855

Chaplain Services - 784-5000

Airman & Family Readiness Center - 784-5440

Health & Wellness Center - 784-9201

Mental Health Clinic - 784-2148

Military Equal Opportunity - 784-4040

Sexual Assault Response Coordinator - 784-7272

Town Patrol - 784-5798